



The Communicator



Rhodes State College and The Ohio State University at Lima

May 24, 2010

Volume 3, Issue 9

If you would like to have events added to the Communicator, please email them to communicator@lima.ohio-state.edu by Wednesdays at Noon for the Following week.

Amy Livchak, Coordinator of Student Activities

Carrie Rinehart, Student Editor



The Ohio State University President

Gordon Gee

Will be visiting Campus Monday May 24th
Stop by Longmeadow to enjoy a Kewpee Hamburger &
Play Volleyball with OSU President Gordon Gee



Congratulations to Zach Zachman who is the Winner of the \$50 Wal-Mart gift card. Thank you to all those who participated in the Campus Activities Board Student Survey. Zach stop by the Student Activities Office to pick up your gift card. (please bring a form of ID)

Wednesday May 26th

OSU decorative cookies and punch will be available **throughout day!!** Even if you don't have a financial aid question please stop out at the Visitors Student Services Center grab a cookie and say hello to our new Financial Aid Staff.

Josh Luke, Financial Aid Coordinator

Phone: 419-995-8847

E-mail luke.40@osu.edu

Meredith Kincaid, Admissions / Financial Aid Counselor

Phone: 419-995-8679

E-mail: Kincaid.118@osu.edu

Student Exhibition

Department of Art

May 24- June 4, 2010

Reed Hall 160

University Chorus

8 p.m. June 3, 2010



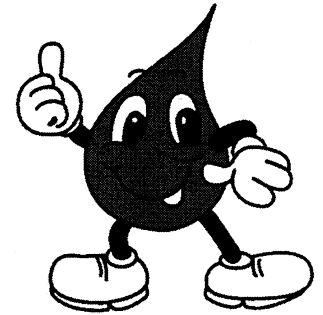
Directed by
Dr. Richard L.
Mallonee

Lima Campus Blood Drive

Every two seconds, someone in this country needs a blood transfusion. Ninety-five percent of Americans will need blood in their lifetimes, yet less than five percent of us donate? One of the reasons is that so many people are deferred from giving, making it even more important to create ways to encourage those that can, to donate often!

Every blood donation has the power to help save as many as three lives, but whole blood only has a shelf live of 42 days. Another reason why it's so important for people who qualify to be regular donors.

The Arlington County Chapter is part of the *Greater Chesapeake and Potomac Blood Services Region of the American Red Cross*. Approximately 20 blood drives are held in the county every month, at different locations. This is possible because of the generosity of Arlington businesses, civic groups and other local organizations that host blood drives.



**Join SAO and Donate Blood
on Wednesday May 26th from
9 to 2 pm. The Blood Drive
will be held in Cook Hall Gym-
nasium**

Wednesday June 2nd

Stressed out with Finals coming soon?

Stop by the Commons to relax
with a Free Aqua **massage**.

Times are from 10– 2.

Brought to you by Campus Activities Board.

Sleep is a part of your body's internal clock (called a circadian rhythm), which regulates wakefulness, body temperature, and hormones. Sleep is a period of decreased consciousness, and is broken up into various stages. These are categorized as either rapid eye movement (REM) or non-REM. During non-REM sleep, body temperature drops and heart rate decreases as your body prepares for deep sleep. This occurs in the beginning of the sleep cycle. Your muscles may show spontaneous periods of tension and relaxation during this phase. REM sleep occurs toward the end of the sleep cycle, and is when you are most likely to have dreams. Your eyes literally move rapidly back and forth during this phase. It's thought to be the time when your brain commits items to long-term memory and attends to other mental processes, as well.

Sleep is a necessary component of our lives for various reasons. During sleep, memories are consolidated, hormones related to growth and the immune system are released, and the body can devote energy to muscle and tissue repair. Clearly, sleep is not a waste of time. Getting enough sleep will positively contribute to your health and academic success.

How to Survive Finals with Less Stress

1. SLEEP - Even missing 2 hours of sleep 2 nights in a row can cause sleep deprivation leading to that foggy, spaced-out feeling.
2. Eat Well - make sure you eat regular meals. Also, avoid alcohol and limit caffeine intake.
3. Procrastination is your worst enemy, structure your time.
4. Take breaks! Try not to study for more than 2 hours straight.
5. Learn to say NO! Get rid of the unimportant stuff.
6. Exercise
7. Reassess priorities daily. See if you are on track.
8. Study the hardest things first.
9. If you have to take a timed test, practice under timed conditions to ease the anxiety.
10. RELAX

10 Great Stress Reducers

- | | |
|----------------------|-----------------------------|
| 1. Get restful sleep | 6. Laugh |
| 2. Eat well | 7. Prioritize Projects |
| 3. Breathe | 8. Go Outside |
| 4. Exercise | 9. Talk |
| 5. Say no | 10. Live within your budget |

Tips brought to you by: <http://www.colorado.edu/studentgroups/wellness/NewSite/StressHelpfulTips10Great.html>

May 29, 2010 - FYE trip to Columbus Clippers Game

The Ohio State Lima Office of First Year Experience will take in a Columbus Clippers Baseball game at Huntington Park to wrap up the school year. Event details include:

- Vans will leave Lima Campus at 4 p.m., May 29
- Trip will include a ticket to the game, hot dog and soda
- Cost is \$5

To reserve your seat, e-mail Abe Ambroza at ambroza.1@osu.edu

Location: Columbus Time: 4pm departure

Contact Information:

Email: ambroza.1@osu.edu

August 28, 2010 - Passport to Lima Summer Event: Country Start Jason Aldean

The Summer Passport to Lima Event is Jason Aldean in concert at the Allen County Fair. There is a limited number of tickets. Students can purchase their tickets in the Visitor and Student Services for \$15; admission to the fair is included. Don't miss this great opportunity!

Location: Allen County Fairgrounds

Time: 8:00 p.m.

Contact Information:

Email: nelson.700@osu.edu

June 16, 2010 - Kids' College

Ohio State University at Lima's Kids' College is for students entering the 6th, 7th and 8th grade in Autumn 2010. The day camp is designed to provide a positive educational experience and foster a lifetime love of learning. Our vision for Kids' College (KC) includes opportunities for students to:

- * become better problem solvers and develop higher level thinking skills.
- * gain appreciation for their own creative ability and the creative talent of others.
- * help the community, present and future, by making learning interesting and appealing to middle school students.
- * develop a love of learning

The workshops will be taught by people who were chosen for their creativity and expertise in their subject. The workshops will be limited from 15-20 students each and will emphasize creativity, investigation and discovery through hands-on activities.

Location: The Ohio State University at Lima **Time:** 9:00 am - 4:00 pm

Contact Information:

Email: trinko.1@osu.edu

Phone: 419-995-8412

All dates for this event: 06/16/2010 06/17/2010 06/18/2010

If you are interested in Volunteering for Kid College please Contact Lynn Trinko at Trinko.1@osu.edu

OSU Lima Student Senate

Meetings are every Monday at 12:30 in PS 207. Contact Victoria Gonzalez.193@osu.edu

Dance Club

Meeting dates for spring quarter are on Thursdays from 4:00 p.m to 5:00p.m in the Tech Lab Bldg Room

Campus Activities Board

Next meeting May 26th at 3:30 p.m, PS Bldg Room 214

Newman Catholic Association

Thursday June 3rd, picnic in Quad from 12:00-1:30

OSU Lima Counseling Services

Ohio State Lima will provide free mental health services for OSU students through the Lima Counseling and Consultation Services offices. If you would like to schedule an appointment, please contact one of our therapists.

Samantha Haudenschild, Psy.D. Cook Hall, Room 202 419-995-8272

Hours: Monday and Wednesday 9:00 AM-6:00 PM; evening appointments available.

Gail Nelson, BSSW, LSW Ag Bldg., Room 100K 419-995-8696

Hours: Monday and Tuesday 1:30-4:30 PM and Friday 7:30-4:30

Some of the issues that may be addressed include: Home-sickness, struggles with career choices, trouble in relationships, thoughts of suicide, violence, drugs and alcohol, pregnancy, death in family, financial pressures, gender identity, and mental illness. Some of these issues can be quickly addressed with minimal follow-up required, while others will many times involve longer-term counseling combined with additional services to assist the student. If additional services are needed, students will be referred to local mental health agencies for further assistance.

Sunday	Calendar Of Events for the Week of May 24, 2010
May 23, 2010	
Monday	<ul style="list-style-type: none"> OSU President Gordon Fee on Campus
May 24, 2010	
Tuesday	<ul style="list-style-type: none">
May 25, 2010	
Wednesday	<ul style="list-style-type: none"> Campus Blood Drive 9-2 Cook Hall Gymnasium Campus Activities Board Meeting 3:30 in PS 214
May 26, 2010	
Thursday	<ul style="list-style-type: none">
May 27, 2010	
Friday	<ul style="list-style-type: none">
May 28, 2010	
Saturday	<ul style="list-style-type: none"> FYE Trip see page 3 for details
May 29, 2010	